

**PALO ALTO STANFORD AQUATICS  
7<sup>th</sup> ANNUAL BIG DUAL MEET  
PACIFIC SWIMMING SHORT COURSE MEET  
NOVEMBER 20, 2021  
INVITED CLUBS: PASA, QSS**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **21-212**

*In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

*An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.*

*USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.**

**NOTICE:** By entering this meet, the Athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results.

**USE OF AUDIO AND VISUAL:** Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

**MEET PERSONNEL:**

<b>Meet Referee:</b> Kit Yan	<b>Head Starter:</b> Evan Bigall
<b>Meet Marshal:</b> Shirly Earley	<b>Admin Official:</b> Larry Rice
<b>Meet Director:</b> Bruce Smith/ <a href="mailto:brucesmithswim@gmail.com">brucesmithswim@gmail.com</a>	

**LOCATION:** Menlo-Atherton High School – 555 Middlefield Ave, Atherton, CA 94027

**DIRECTIONS:** From 101 – Exit at Willow Road toward Menlo Park. Travel west to Middlefield Road. Turn right on Middlefield Road to Ringwood Avenue. Turn right on Ringwood and turn left on the third school driveway and park in front of gym in the student lots. The pool is located behind the gym. Parking is prohibited on Ringwood. Additional parking is available in front of the school. There is NO R.V. parking available in the neighborhood.

**COURSE:** Outdoor, heated, 25 yard pool. Up to 9 lanes will be used for competition. An additional 6 lanes will be available for warm-up/cool down during the competition. The minimum water depth, measured in accordance with Article 103.2.3 is 7' at the start end and 7' at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

**TIME:** Will begin at 8:30 AM with warm-ups from 7:00 to 8:15 AM.

**RULES:**

- Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), and warm-up procedures shall govern the meet. A copy of these procedures shall be posted at the Clerk-of-Course.
- All events are timed finals.
- All events will swim fast to slowest.

- Athletes may compete in a **maximum of 3 individual events.**
- Entries will be accepted until the number of splashes reaches the estimated timeline, per the "Four-Hour Rule," based on the athlete's age and gender.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down.
- The local facilities guidelines, restrictions, and interpretation of the local public health guidelines shall be followed at this meet.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**UNACCOMPANIED ATHLETES:** Any USA-S athlete-member competing at the meet must be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USA-S Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the athlete or the athlete's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USA-S Club Member-Coach.

**RACING STARTS:** Athletes must be certified by a USA-S member-coach as being proficient in performing a racing start, or must start the race in the water. It is the responsibility of the athlete or the athlete's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:**

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Deck changes are prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, Athlete/Coach areas, Spectator areas, and open ceiling locker rooms) any time Athletes, Coaches, officials and/or Spectators are present.

**ELIGIBILITY:**

- Athletes must be current members of USA-S and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the athlete with the registration and times database. The meet host will check all athlete registrations against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.
- Meet is open to qualified Athletes registered with PASA or QSS. Unattached Athletes participating with PASA or QSS are eligible to compete.
- Athletes 13/Over are eligible to enter this meet. There is no proof of time. Entry times should be the Athlete's actual time and not the minimum standard.
- Athletes 11 and 12 years of age shall meet the PC Senior Open time standard as outlined by Pacific Swimming time verification procedures. No refunds shall be given if a time cannot be proven.
- Athletes under the age of 11 years are not eligible to compete.
- Entries with "**NO TIME**" will be **ACCEPTED**,
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

**ENTRY FEES:** \$35 per athlete. One check must be made by each club, payable to the host. Checks must be hand delivered to the meet director on the day of the meet.

**ENTRIES:** A sd3 entry file must be submitted by Sunday November 14<sup>th</sup> by 11:59pm. Request a confirmation of receipt to ensure delivery of the email and file. Send meet entry file to the meet director – [brucesmithswim@gmail.com](mailto:brucesmithswim@gmail.com).

**Make check payable to: DBA-DKS**

**E-Mail entries to: Meet Director – [brucesmithswim@gmail.com](mailto:brucesmithswim@gmail.com)**

**CHECK-IN:** All sessions will be pre seeded.

**SCRATCHES:** Any Athlete not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

**ADMISSION:** Free. A program will not be available. Heat Sheets will be available electronically only.

**SNACK BAR & HOSPITALITY:** A snack bar may be available throughout the competition. Hospitality will serve refreshments to deck officials, marshals, and coaches.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. Each team is required to provide timers. Meet director will email timer/lane assignments to each team prior to the meet.

### Big Dual Meet

Girls Event #	Age Group	Event	Boys Event #
1	Open	200 Freestyle	2
3	Open	100 Backstroke	4
5	Open	100 Breaststroke	6
7	Open	200 Butterfly	8
9	Open	50 Freestyle	10
11	Open	400 Individual Medley	12
		5-10 Minute Break	
13	Open	100 Freestyle	14
15	Open	200 Backstroke	16
17	Open	200 Breaststroke	18
19	Open	500 Freestyle	20
21	Open	100 Butterfly	22
23	Open	200 Individual Medley	24
25	Open	Mixed 1000 Freestyle*	---

\* 1000 Freestyle event is limited to 2 heats maximum, will be a mixed gender event.  
Athletes must provide their own timer and lap counter.